



Summer 2016

AQUATIC FITNESS SCHEDULE

June 7 - June 30

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------|
| | 8:30 AM - 9:15 AM River Blast Lia Current Channel Maximum 20 | | 8:30 AM - 9:15 AM Hydro HIIT Chris Activity Pool Maximum 20 | | 8:45 AM - 9:30 AM River Blast Lia Current Channel Maximum 20 |
| | 9:25 AM - 10:10 AM Cardio H2O Lia Activity Pool Maximum 20 | | 9:25 AM - 10:10 AM Hydro HIIT Chris Activity Pool Maximum 20 | 9:00 AM - 9:45 AM Aqua Fusion I Lia Warm Water Pool Maximum 12 | 9:45 AM - 10:30 AM Cardio H2O Lia Activity Pool Maximum 18 |
| | 10:30 AM - 11:15 AM Aqua Fusion I Nini Warm Water Pool Maximum 12 | | 10:30 AM - 11:15 AM Hydro HIIT Chris Warm Water Pool Maximum 12 | 10:00 AM - 10:45 AM Cardio H2O Lia Activity Pool Maximum 16 | |
| 4:40 PM - 5:25 PM Aqua Fusion I Nini Warm Water Pool Maximum 12 | | 4:40 PM - 5:25 PM Aqua Fusion I Nini Warm Water Pool Maximum 12 | <ul style="list-style-type: none"> • All Aquatic Fitness classes are included in the Frisco Athletic Center membership. • Non-members of the Frisco Athletic Center can purchase a Punch Pass for \$45 for 12 classes. • All equipment is provided. You are welcome to bring your own equipment to each class. • Children ages 13-15 may participate in fitness classes if accompanied by an adult. • Modifications to exercise and varying intensity levels are offered. | | |
| 5:45 PM - 6:30 PM Deep Water Bata Nini Activity Pool Maximum 20 | | 6:00 PM - 6:45 PM Deep Water Bata Nini Activity Pool Maximum 20 | | | |
| 6:35 PM - 7:20 Deep Water Bata Nini Activity Pool Maximum 20 | | | | | |

Class Descriptions

Shallow Water | Water Depth: 3 1/2-5 feet

Cardio H2O: Travel from shallow to deeper water using water resistance to improve your cardiovascular and muscular endurance and increase strength.

Aqua Fusion I-II: Fun, low-impact, cardio exercises that will strengthen your flexibility, balance and coordination. Class is recommended for those who are new to exercise, recovering from injuries, or have any other physical limitations. Class varies by intensity level at the discretion of the instructor.

Hydro HIIT: Hydro High Intensity Interval Training. This class will improve your cardiovascular and muscular endurance and increase strength.

Deep Water | Water Depth: 6+ feet

Deep Water Bata: By mixing the high intensity interval training of the Tabata format with the benefits of deep water exercise, you will burn calories and blast fat in a zero impact class.

Current Channel | Water Depth: 3 1/2 feet

River Blast: Maximize your strength, core stability and flexibility in this unique class that utilizes our current channel and vortex to create a powerful resistance workout.

| Process to Participate | Aquatic Fitness Pool Policy |
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| <ul style="list-style-type: none"> • Class is held on a first come, first served basis. • Participation cards are required for all classes. • Exchange membership card at the Front Desk for class participation card. • Only one participation card is issued to each person starting 30 minutes prior to the start of the class. • After class, exchange the class participation card for membership card. • A \$5 fee will be assessed if the participation card is lost and/or not returned to the Front Desk. | <ul style="list-style-type: none"> • Participants must wait for the instructor and lifeguard to be on duty before entering the water and immediately exit the pool once class has finished. • The maximum number of participants per class is listed below the class instructor. • Once all participation cards have been distributed, the class has reached its maximum capacity and you will be denied access to the class. • Instructors will not be allowed to grant access when maximum numbers have been reached due to pool safety ratios and overall space for an effective workout for each participant in the pool. |

FriscoFun.org

Facebook/FriscoFun

For Fun Club reservations, call 972-292-6600.

Classes/Times/Pool Space/Instructor are subject to change

Date revised: 6/7/16